



SENIOR CITIZENS ADVISORY BOARD AGENDA

Tuesday December 21, 2010 • 8:30 A.M. • San Bruno Senior Center

WELCOME TO OUR ADVISORY BOARD MEETING . . .

If you wish to speak on an item under discussion by the Board and appearing on the agenda, you may do so upon receiving recognition from the Board Chair. If you wish to speak on a matter not appearing on the agenda, you may do so during PUBLIC DISCUSSION. Please state your name and address; if you are representing an organization, please state the name of the organization.

In compliance with the American Disabilities Act, individuals requiring accommodation for this meeting should notify us **48** hours prior to the meeting (616-7150).

CALL TO ORDER (NOTE: State Law, known as the "Brown Act", prohibits the Advisory Board from discussing or acting upon any matter that is not on the agenda. Non agenda issues, raised by members of the public or by the Advisory Board, may, at the discretion of the Advisory Board, be scheduled for consideration at future meetings.)

APPROVAL OF MINUTES

A. TREASURER'S REPORT November 2010 – pg. 1

B. SUGGESTION BOX:

C. UNFINISHED BUSINESS:

D. COMMUNICATIONS:

1. Thank you letter from Deb Wolfe – Verbal
2. Thank you letter to The American Bull Bar & Grill – **pg. 2**

E. STAFF REPORTS:

1. Senior Center Participation – **pg. 3**
2. **Mary E. Tessier** – November Recreation Report – **pg 4**
3. **Susan Mrsny** – November Outreach Report – **pg. 5**
4. **Gloria Deeter** – November Nutrition Report – **pg. 6**
5. **Mary E. Tessier** – November Class Participation Report – **pg. 7**

F. COMMITTEE REPORTS

1. Program Committee
 - a. Minutes of the December 13, 2010 Meeting – **pg. 8**
Recommendation to offer a "Karaoke Singing" class with Manny Catania starting in January.
2. Special Events Committee
 - a. Minutes of the November 1, 2010 Meeting – **pg. 9**
Recommendation to have two Happy Hour Parties in 2011 and continue to give a coupon for one free Happy Hour to members.

G. NEW BUSINESS:

H. PUBLIC COMMENT ON ITEMS NOT ON AGENDA:

I. ADJOURNMENT:

***** POSTED PURSUANT TO LAW *****

**SAN BRUNO SENIOR CENTER
FINANCIAL REPORT
November 2010**

Checking Account Balance 10/31/2010	\$ 54,778.96	
Income checking account	\$ 0.41	
Fee	<u>\$ (5.00)</u>	
Checking Account Balance 11/30/2010		\$ 54,774.37
Amount held at City of San Bruno 10/31/2010	\$ 70,886.57	
Deposit made to City account	\$ 634.95	
Deposit made to City account	\$ 456.60	
Deposit made to City account	<u>\$ 365.00</u>	
Amount held at City of San Bruno 11/30/2010		\$ 72,343.12
TOTAL NET WORTH		\$ 127,117.49

December 14, 2010

The American "Bull" Bar & Grill
1817-19 El Camino Real
Burlingame, CA 94010

Dear Liz,

On behalf of the San Bruno Senior Center's not-for-profit Nutrition Program, I thank you for your generous donation of a \$40 gift certificate to your wonderful restaurant! The certificate will be used at our Holiday Party Raffle next week.

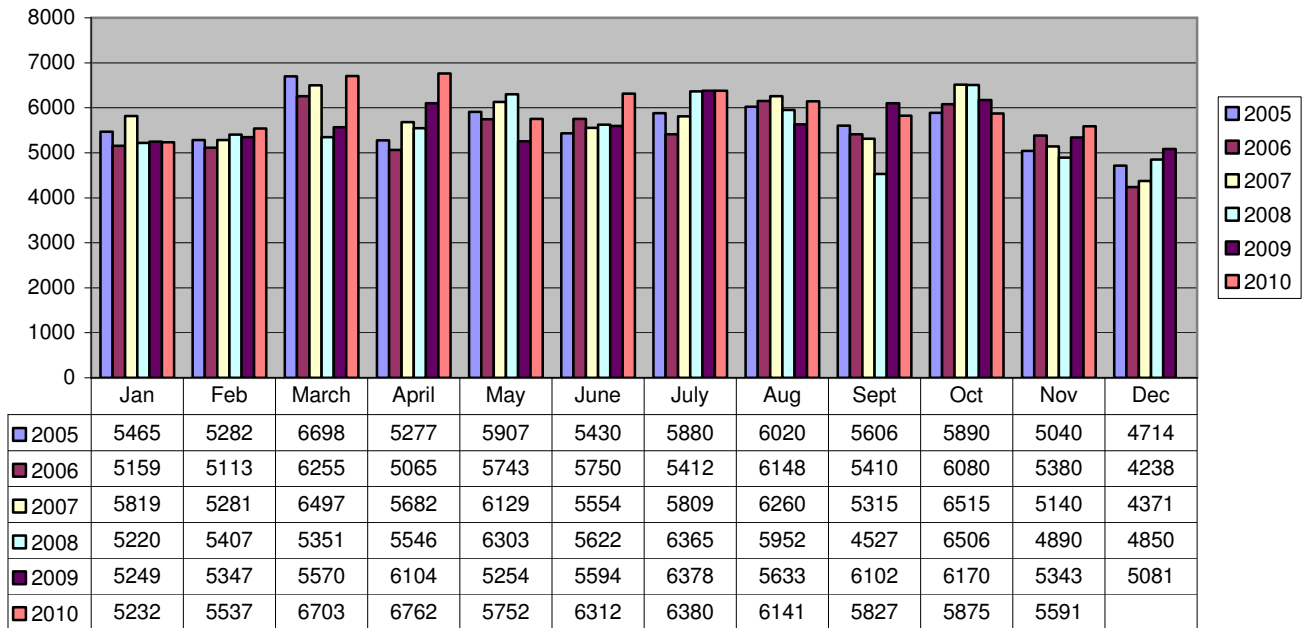
The Nutrition Site Council is a registered non-profit organization (IRS# 94-3181606) that works hand-in-hand with the Advisory Board, Senior Center staff and volunteers to offer vital recreation and social service programs for our community's older adults. Your gift will be highlighted at a Holiday Party at the Senior Center. Proceeds from the Raffle will help support our efforts to provide 20,000 lunches each year, to transport residents to and from the Senior Center and to assist more than 1,000 San Bruno families with information about programs and services that help maintain independence and well-being.

Once again, we thank you for your help and support. We also thank you for providing the community with your excellent Bar & Grill.

Sincerely,
Nutrition Site Council of San Bruno

Mary Tessier
Recreation Services Supervisor

Senior Center Participation



DATE: December 3, 2010
TO: San Bruno Senior Citizens Advisory Board
FROM: Mary E. Tessier
SUBJECT: Recreation Report

November

11/2/10: Flu Shots: The Sutter VNA and Hospice sponsored the flu and pneumonia vaccinations this year. Only 31 seniors took advantage of this service this year, possibly due to the price increase. Many people also went to their HMO providers.

11/5/10: Happy Hour: 125 people attended this popular event, which included music, dancing, a turkey dinner and dessert buffet. The "Full House" Band provided the entertainment.

11/10/10: "Maintain Your Brain" Workshop: 20 people attended this interactive session on strategies to keep your mind sharp presented by the Alzheimer's Association.

11/12/10: Harvest Festival Trip: 19 seniors enjoyed entertainment, shopping and eating at the Harvest Festival Arts and Crafts Marketplace at the San Mateo County Events Center. The Senior Center bus provided transportation to and from San Mateo.

11/19/10: Thanksgiving Celebration: 185 people attended this party, which included dancing to the "Nice 'n' Easy" Band and a delicious Turkey Lunch.

The Fall Horseshoe League ended with playoffs and a barbecue on 10/27. On 11/10 a San Bruno group traveled to Redwood City to play against their horseshoe group.

DATE: December 8, 2010
TO: San Bruno Senior Citizens Advisory Board
FROM: Susan Mrsny
SUBJECT: Monthly Outreach Report

Information/Referral: During the month of November (73) Seventy-Three individuals were assisted with a variety of information and referral needs.

Housing: Eleven individuals were referred to Human Investment Project. (HIP) Referrals were given for Assisted Living Retirement Centers.

Health: Six individuals had questions pertaining to Home Health Agencies on how to hire a caregiver for a loved one, as well as questions on Dementia and Alzheimer's.

Legal: Seven referrals were made to Legal Aid Society of San Mateo.

Referrals to Social Worker:

Five people were referred to San Mateo County Social Worker with questions and concerns. Two individuals who are non-residents of San Bruno needed assistance with their questions. One report was made for possible physical abuse.

Community Outreach:

Eight people were assisted on an individual basis through residential outreach. The assistance involved work with Lifeline, conferring with Home Health Agencies, Meals on Wheels.

Shopping/Food:

Two individuals with frailties were assisted with shopping needs through a program called S.A.S.H. (Shopping Assistance for Seniors who are Homebound), as well as referrals to Second Harvest Food Bank. This program provides a supplemental bag of groceries for low-income seniors.

Insurance:

Four people were assisted with questions and concerns regarding medical insurance and Medicare, as well as Long Term Care Insurance. Some referrals were for open enrollment part D.

Information/Referral:

Thirty people requested assistance with a variety of questions. Many referrals were made for Transportation issues, Minor Home Repair Program, Notary referral, Tax Assistance, Senior Employment.

December 13, 2010

City of San Bruno
San Bruno Senior Center
November 2010
Advisory Report
Nutrition Program

The nutrition site had 123 volunteers to run the nutrition program. We received a total of 2947 volunteer hours for the month of October. The lunch program served a total of days in November. In November, the program served a total of 1934 hot meals and salads from the salad bar.

There were 96 food donations from the Nutrition Site Outreach program, they were to the St. Vincent de Paul, Fire House, A.C.R.C., San Mateo County Teachers Assoc., San Bruno Park Dept., Primrose House, San Bruno Garbage Company, San Mateo County Kaiser Nurse Org, Saint Bruno Church.

Events in November

Friday November 5, 2010 – Happy Hour Turkey Dinner – 125 people attended the Happy Hour

Friday November 19, 2010 – Thanksgiving Party – 164 people attended this festive event

Promotional Tuesday, not only will it be “Dance Tuesday” but also \$2.00 day donation for lunch, 260 people enjoyed this special Tuesday.

Gloria Deeter and the Nutrition Site volunteers created the meals in November

Upcoming Events in December

Friday December 17th – Holiday Party

Wednesday December 29th – New Years Eve Party

Promotional Tuesday, not only will it be “Dance Tuesday” but also \$2.00 day donation for lunch,

Gloria Deeter and the Nutrition Site volunteers will create the meals in December

Gloria Deeter,
Nutrition Site Manager

														November-10																	
Mon					Tues					Wed				Thurs				Fri				Sat				Sun				Total	
1	8	15	22	29	2	9	16	23	30	3	10	17	24	4	11	18	25	5	12	19	26	6	13	20	27	7	14	21	28		
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					12	13	16	12	14	48	53	46	36		C		C				C									288	
22	25	27	18	24											L		L				L									116	
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21	20	26	28	30						20	18	19		17		17														216	
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46		42			45	45	46		44									46	47	46										407	
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14	16	14	18	16	15	16	16	20	14	14	16	14		18		20		125												277	
9	8	11	8	10														12	8	16										46	
15	8	10	7	10																										50	
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271	220	270	208	268	182	194	244	80	160	238	277	256	165	361	203	373	0	294	177	204	0	0	140	0	0	38	0	108	87	5018	

Draft

PROGRAM COMMITTEE December 13, 2010

Members in attendance were Barbara Luzaich, Bill Goff and Geri Williams. Mary Tessier was in attendance and took the minutes.

1. Minutes for the November meeting were approved as written.
2. **The movie** for the month will be the documentary, "Babies".
3. **Programs:** Starting in January the Wednesday night Zumba class will be a Recreation Class. Students will pay \$10 for San Bruno residents and \$13 for non-residents. The Sing-Along group will lead some Christmas Carols at the Holiday Party on 12/17 at 10 am. Manny Catania submitted information about a "Karaoke Singing" Class that he would like to lead. Manny would provide the Karaoke system and offer singing tips. The class would be 90 minutes long and the fee would be \$5.00 for San Bruno residents and \$6.00 for non-residents. ***The Committee recommends that we offer the "Karaoke Singing" Class with Manny Catania starting in January.***
4. **Presentations:** 20 people attended the Alzheimer's Association presentation on "Maintain Your Brain" on November 10th. Mary ordered the AARP "Wise Up on Meds" Program in a Box, but has not received it yet. The Staff Attorney for the Senior Advocates Program at the Legal Aid Society will do a presentation on their "Free Legal Services & Financial Safety for Seniors" on Friday, January 21, 2011.
5. **The next Program Committee meeting will be Monday JANUARY 10, 2011 at 10:00 a.m.**

DRAFT

SPECIAL EVENTS COMMITTEE

November 1, 2010

Members in attendance were Raoul Epling, Barbara Luzaich, June Wydler, Dorothy Carmichael, Marie Samora and new member, Marilyn Levine. Mary Tessier and Wendy Mines were in attendance.

1. Minutes from the previous meeting were accepted as written.
2. **Sunday Programs:** The First Sunday Line Dance in November had 38 people. 64 people attended the Third Sunday Dance in November. There were 50 people at the Last Sunday Dance. Raoul and Marie think that attendance was low due to rainy weather and the Thanksgiving Holiday. In December the Third Sunday Dance will be held on the Second Sunday so that we can finish the floor waxing.
3. **Trips:** Jackie cancelled her November Casino trip. She will not schedule the November trip so close to Thanksgiving next time. Her next trip is to Cache Creek in January. June has 46 people signed up for the Christmas Reno trip. Flyers are now available for her "Spring Fling" trip to Colusa on March 20-21, 2011. Dorothy's trip to "Forever Tango" in January is full with 52 people. There are also 52 people signed up for the Christmas Lights trip this month. A trip to Ironstone Vineyards is being planned for March. Barbara's Reno trip in November had 37 people. Marilyn escorted that trip. Barbara will not have a January Reno trip. Marilyn will have an overnight trip to Chukchansi on February 13-14, 2011. She may plan an Alaskan Cruise in May. Trip leaders were reminded to put their trip totals on the front desk calendar, leave an attendance list in the Trip Box, post a note at the front desk when a trip is full and have participants sign liability forms.
4. **Birthday Club:** There were 65 people at the Birthday Club in November for a profit of \$120. 46 people are signed up for December so far.
5. **Happy Hour:** The Happy Hour on November 5th was livelier than past ones, most likely due to the "Full House" Band who played great music. There was discussion about canceling or reducing the number of parties next year. ***The Committee recommends that we have two Happy Hour Parties in 2011 and continue to give a coupon for one free Happy Hour to members.*** The Committee thought that the Happy Hours should be held in the Spring and Fall when there are fewer Holiday Parties.
6. **New Years Party:** The party will now be an "End of Year" Party and will be held on Wednesday, December 29th. The "Knights of Nostalgia" Band has been booked. We will use black & white plastic tablecloths and real plates and silverware. Big BINGO and Western Dance will need to start at 1:30 PM on that day. We will serve Stuffed Pork. We will have a volunteer serving wine, instead of putting it on the tables. There will be a champagne toast at Noon.
7. **The next Special Events Meeting will be on Monday January 3, 2011 at 1:00 PM.**